



MEN'S HEALTH SCORE BOARD

Week 1						
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
↑ H2O	_____ oz.	_____ oz.	_____ oz.	_____ oz.	_____ oz.	_____ oz.
Healthy Breakfast	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____

Activity Tips:

- Record approximately how ounces of water you consume each day.
- Keep a filled water bottle with you at your desk and in your vehicle.
- Record your breakfast sources of protein, carbohydrates and fat.
- Include fiber rich foods like shredded wheat or fruits.
- Use low fat or non-fat protein sources.

Week 2						
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
↑ H ₂ O	_____ oz.	_____ oz.	_____ oz.	_____ oz.	_____ oz.	_____ oz.
Healthy Breakfast	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____
↑ Aerobics by 15 min.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.
Stretch for 5 min.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.

Activity Tips:

- Increase your aerobic activity by 15 minutes each day.
- Record your total minutes of aerobic exercise for each day.
- Include stretching exercises in your daily routine.
- Take a stretch break at your workstation or during your workday.
- Gently ease into stretches and hold for at least 15 seconds.

Week 3						
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
↑ H2O	_____ oz.	_____ oz.	_____ oz.	_____ oz.	_____ oz.	_____ oz.
Healthy Breakfast	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____
↑ Aerobics by 15 min.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.
Stretch for 5 min.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.
Practice Deep Breathing	_____ Times	_____ Times	_____ Times	_____ Times	_____ Times	_____ Times
Progressive Muscular Relaxation	_____ Times	_____ Times	_____ Times	_____ Times	_____ Times	_____ Times

Activity Tips:

- Take a number of deep breaths and relax your body further with each breath.
- Combine this technique with other relaxation techniques like positive imagery.
- Tense up a group of muscles so that they are as tightly contracted as possible. Hold them in a state of extreme tension for a few seconds. Then relax the muscles to their previous state. Finally, consciously relax the muscles even further so that you are as relaxed as possible.
- For maximum relaxation you can use Progressive Muscular Relaxation in conjunction with breathing techniques and imagery.

Week 4						
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
↑ H ₂ O	_____ oz.	_____ oz.	_____ oz.	_____ oz.	_____ oz.	_____ oz.
Healthy Breakfast	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____	Pro _____ CHO _____ Fat _____
↑ Aerobics by 15 min.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.
Stretch for 5 min.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.	_____ Total mins.
Practice Deep Breathing	_____ Times	_____ Times	_____ Times	_____ Times	_____ Times	_____ Times
Progressive Muscular Relaxation	_____ Times	_____ Times	_____ Times	_____ Times	_____ Times	_____ Times
Self Care	Blood pressure ✓	Skin ✓	Physician appt. if >1yr.	Dentist appt. if >1yr.		

Activity Tips:

- Have your blood pressure checked at least once this week.
- Visually check your skin, including your back, for abnormalities.
- Make an appointment with your primary care physician for a complete physical.
- Find a primary care physician you can talk to about your health concerns.
- Make a dentist appointment if it has been greater than 1 year.
- **Attend the July 19th incentive prize giveaway and brown bag panel discussion at the Occupational Medicine conference room.**